



Dealing with Stress

Stress is how we react when we feel under pressure or threatened. It usually happens when we are in a situation that we don't feel we can manage or control. Being prepared for periods of stress can make it easier to get through them. And knowing how to manage our wellbeing can help us recover after a stressful event. Below are some tips you could try to help you manage stress and build your resilience. Trying these ideas won't make all the stress in your life disappear. But they could make it easier to get through stressful situations.

- Work out your Stress triggers**
- Sort out your worries**
- Get organised**
- Be active**
- Take regular breaks**
- List your achievements**
- Get a different perspective**
- Take control**

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